



Periodontal Therapy Home Care Instructions

A periodontal therapy program is a “conservative program of 3, 4 or 6 visits to control periodontal (gum) disease.” By *conservative*, we mean non-surgical. Periodontal (gum) disease is not curable, but it is controllable. Periodontal therapy aids in the removal of the bacterial infection of the hard & soft tissue which supports the teeth. Left untreated, the bacterial infection can cause the bone & surrounding tissues which support the teeth to deteriorate. Eventually teeth become loose & may fall out.

Common signs & symptoms of periodontal (gum) disease are:

- Bleeding gums
- Malodor (bad breath)
- Pockets (bone loss with infection) in gum tissue greater than 3mm
- Loosening teeth
- Sore or swollen gums

The severity of the periodontal disease (mild, moderate or severe) determines the length of your program. Our goal is to eliminate bleeding points & to decrease pocket depth in order to prevent further loosening or loss of teeth.

We will monitor your oral health & assist you in the control of plaque, calculus & bacteria. Remember to keep your recommended periodontal maintenance appointments, typically between every 6 weeks & 4 months. Bacteria associated with gum infection & attachment loss will reoccur within the pockets in just 6-12 weeks. Individual results may vary.

If soreness or tenderness occurs, gently rinse your mouth 2-3 times per day with warm salt water (one tsp. salt/8 oz. water). Start immediately when you get home.

Your gums may become “achy”. You may also use Advil, Motrin, or Ibuprofen as directed. Your next meal should be soft. Avoid any hard or “chippy” foods like potato chips, popcorn, Fritos, etc. for the next 3-4 days.

Swelling or jaw stiffness occur very rarely, however if it does, place warm moist towels to the face in the area of stiffness.

Twice a day (once after breakfast & once before bedtime), brush gently along the gum line using a soft manual too toothbrush or electric toothbrush for 2 minutes.

Floss (remember to wrap floss around tooth & go below the gum line, use floss holders for hard to reach areas). Scrape up & down at least 3 times per area.

Apply Peridex onto the brush or floss (when or if your hygienist recommends it). Rinse with Peridex mouthwash for 30 seconds (when or if your hygienist recommends it).

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